

**Introduction:** I originally created this workout in 2008 when I worked for TRX. The first Iron Man movie had come out and I was inspired to merge the fun of pretending you are a superhero with the tremendously versatile TRX suspension trainer. And so the TRX Superhero Workout was born. The most fun comment I got in one of the first times I led the workout is this: “I was having so much fun pretending that I was the superhero we were doing that I didn’t notice how hard I was working.” Exactly what I was going for.

This will start with the first list of exercises that I created and I will show you the new ones that have come out as the various new superhero movies have been released over the years.

## **2008 SUPERHERO WORKOUT**

<u>Character</u>	<u>TRX Mode / Set-Up</u>	<u>Exercise Name</u>	<u>reps</u>	<u>Notes</u>
<b>Iron Man</b>	Two Handle	<b>Iron Man Squats</b>	15 reps	Hands in foot cradles; wrists extended facing anchor
<b>Wolverine</b>	Two Handle	<b>Wolverine Lunges</b>	10 low; 10 high	Facing away from system; as you lunge forward, stab supinated hands forward
<b>Batman</b>	Single Handle	<b>Batman Cape Throw</b>	8 per side	Staggered stance, one knee on floor, one hand holding system. Sweep up and over, switch feet and crouch as if covering self with cape
<b>Neo</b>	Single Handle - fully shortened	<b>Neo Row</b>	6-8 per side	Hanging from system with one arm, feet slightly in front of anchor, knees bent. Use legs to pull out of bottom position while beginning pulling motion
<b>Superman</b>	Single Handle	<b>Superman: Up, Up, and A Squat</b>	10 per side	facing away from system on toes, single handle at side, free hand placed on low back. From bottom of squat position, reach system arm up overhead as if flying as you rise from squat
<b>Spiderman</b>	Two Handle	<b>a-Abducted Suspended Crunch; b-Spiderman Push-Up</b>	5 reps (a-b-a-b)	#2 - tuck one knee toward elbow when performing push-up
<b>Morpheus</b>	Two Handle	<b>Morpheus Reverse Row</b>	12	face away from system; fully extend arms behind you; pull torso toward system, internally rotate upper arms and fold them behind low back as you achieve upright position

<b>Wonder Woman</b>	Two Handle	<b>Wonder Woman Flies</b>	20 (10 per side)	hands in foot cradles, shoulders flexed with elbows bent 90 deg, hands in ER. Fall forward while allowing one arm to abduct. Repeat other side.
<b>Daredevil</b>	Two Handle	<b>Rooftop to Rooftop (Single Leg Suspended Pendulum)</b>	6-8 per side	Suspended pendulum where only one leg moves. Alternate like you are hopping from rooftop to rooftop

## 2011 NEW SUPERHERO EXERCISES

<b>Superman Flyers</b>	Long	Floor - Face Away; Head under anchor	10 per side / 30 seconds	Press open hands into handles; lift torso; as torso lowers, pull one arm to the side by bending elbow while reaching other arm forward and across midline while looking back toward bent arm
<b>Flash Sprints</b>	Long	Face Out - Thumb Hook Grip	30 seconds	"Fast Feet" - start at a low, challenging body angle and reduce angle during the set to accommodate fatigue and allow high speed all the way through
<b>Spiderman Crunches &amp; Crawls</b>	Handles Mid-Calf	Floor - Face Away; Toes in Foot Cradles	10 reps crunch / 5 reps per side crawls / 30 seconds (start w/crawls, finish w/crunches)	CRUNCH: Abducted TRX Crunch (knees to elbows); CRAWL: Low hover position, roll into one arm while pulling opposite knee forward outside the body
<b>Wonder Woman Planks</b>	Mid-Length to Long	Face Out	10 per side (reactive option) / 30 seconds	Wrists in foot cradles, shoulders flexed with elbows bent 90 deg. (a standing plank) Drive arm overhead or out to side alternating R/L or responding to reactive cues from instructor.
<b>Thor Hammer Curls</b>	Short	Face In	15 / 30 seconds	face toward anchor; hold handles with a neutral grip; perform hammer curl allowing nylon from handle to wrap over outside of knuckles

## 2015 NEW SUPERHERO EXERCISES

<b>Hawkeye Row</b>	Short	Face In	12 reps each arm / 30 seconds each low, then high	face toward anchor; hold one handle with a neutral grip; free hand holds yellow tab on opposite strap. Pull rowing arm while sliding yellow tab up and down length of the strap.
<b>Hulk Smash</b>	Long	Face In	20 alternating forward step foot each rep / 30 seconds	Face in; hold straps overhead with tension on straps. Step forward and drive handles toward floor rapidly with full tension throughout.
<b>Black Widow Kick</b>	Suspended Foot (longer) / Mid-length (handhold option)	Face Sideways	12 reps per leg / 30 seconds	One foot suspended in foot cradle; stance leg drops into squat; sweep suspended leg forward when rising.
<b>Captain America Shield Wield</b>	Mid-Length	Face Sideways	12 / 30 seconds	Forearm in foot cradles

## 2018 NEW SUPERHERO EXERCISES

<b>Black Panther Pull</b>	Mid-Length	Face In		Pull and cross arms across chest
---------------------------	------------	---------	--	----------------------------------

### Contact:

Jonathan Ross, [AionFitness.com](http://AionFitness.com), [Funtensity.com](http://Funtensity.com)

Hashtags #Funtensity, #FuntensityChicken

Abs Revealed Products and Information:

- **Book, iPhone/iPad app** available: [aionfitness.com/abs-revealed/](http://aionfitness.com/abs-revealed/) or iTunes

Twitter/Facebook/Instagram/LinkedIn: @JonathanRossFit and @Funtensity

YouTube: [Funtensity](http://Funtensity), [JonathanRossFit](http://JonathanRossFit) (all things fitness)

Facebook Professional Pages: “**Funtensity**” and “**Abs Revealed**”

E-newsletter sign-up at [Funtensity.com](http://Funtensity.com)